

# Spiritual Living (Adhyatmik Jeevan Japana)- Divine Life (Divya Jeevana)

Volume - 30 (Lesson - 19)

(The contents of this booklet have been taken out from the newly prepared Text Book titled "Life Building Science" on a newly conceived and designed subject of "Value Education for Life Building and Successful Living" for study by our modern students)

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This booklet is meant for free distribution amongst our dear modern students, with a fervent prayer to them to kindly study the booklet earnestly and meticulously, put the knowledge gained from the teachings contained in the book into practice in their day-to-day lives sincerely and diligently, and thereby, derive immense benefits for themselves throughout their lives. This is in their own interest and for their highest welfare and supreme good.

They are also requested to kindly bring this booklet to the knowledge of maximum number of their classmates and friends so that they also can derive similar benefits for themselves.

Views of Students; Teachers and Professors; School, College and University Authorities; Educationists and Academicians; Parents and Guardians and all other Readers, on this booklet are humbly and earnestly invited in the following address:-

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## PRAYERS

धीयो यो नः प्रचोदयात्

May That Supreme Being impel our intellect  
towards the right path.

असतो मा सद्गमय ।  
तमसो मा ज्योतिर्गमय ।  
मृत्योर्मा अमृतं गमय ॥

Lead us from unreal unto Real,  
Lead us from darkness unto Light,  
Lead us from death unto Immortality.

आ नो भद्राः क्रतवो यन्तु विश्वतः

Let noble thoughts come to us from all sides.

सा विद्या या विमुक्तये

Knowledge is that which liberates.

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।

Arise ! Awake ! Having reached the  
great (teacher), learn (realise that Atman).

अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशलाकया ।  
चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥

I prostrate to that Sadguru, Who opens, with the  
Collyrium-stick of Knowledge, the eyes of him who  
is rendered blind by the darkness of ignorance.

ॐ सह नाववतु । सह नौ भुनक्तु ।  
सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै ॥  
ॐ शान्तिः शान्तिः शान्तिः ।

May He (The Supreme Being) protect us both (the teacher  
and the taught). May He cause us both to enjoy the bliss of  
Mukti (liberation). May we both exert to find out the true  
meaning of the scriptures. May our studies be fruitful.

May we never quarrel with each other.

वसुधैव कुटुम्बकम्

The whole universe is one family.

ॐ सर्वेषां स्वस्ति भवतु । सर्वेषां शान्तिर्भवतु ।

सर्वेषां पुर्णं भवतु । सर्वेषां मङ्गलं भवतु ॥

May asupiciousness be unto all,

May peace be unto all,

May fullness be unto all,

May prosperity be unto all.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभागभवेत् ॥

May all be happy,

May all be free from disabilities,

May all behold what is auspiciousness,

May none suffer from sorrows.

लोका समस्ता सुखिनो भवन्तु ।

May Happiness be unto all Beings.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पुर्णमेवावशिष्यते ॥

Om ! That (Brahman) is full. This (Universe) is Full.

From That (Brahman) Full, this (Universe) Full has come.

When this (Universe) full is taken from That (Brahman) full,

It (Brahman) always remains Full.

Peace be to the East ! Peace be to the West !

Peace be to the North ! Peace be to the South !

Peace be above ! Peace be below !

Peace be to all creatures of this universe !!

ॐ शान्तिः शान्तिः शान्तिः ।

Om ! Peace, Peace, Peace.

## **Life Building Science**

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## Lesson No. - 19

### Spiritual Living

#### Divine Life (*Divya Jeevana*)

The nineteenth lesson is "**Divine Life (*Divya Jeevana*)**".

**Meaning:** - Divine Life (*Divya Jeevana*) generally means living of spiritual life (*aadhyatmik jeevana*) as well as religious, noble and ethical life (*dharmik jeevana*) combinedly.

**Necessity:** - Living of divine life (*divya jeevana*) aids and enhances our spiritual practices or *aadhyatmik sadhana*. Therefore, living of divine life is necessary.

**Importance:** - The household spiritual disciples generally confine their daily spiritual practices or *aadhyatmik sadhana* of *Japa, Kirtan, Meditation*, etc. to morning hours and evening hours for some short period. Thereafter, they keep themselves fully busy in their day-long material pursuits and worldly activities. During such long time, many of them show petty-mindedness, selfishness, etc. in their secular activities, resort to falsehood, wrong dealings with others including exhibiting anger, harshness, hatred, cruelty, violence, etc. and perform undesirable and unethical actions. Such actions are undivine. Consequently, as our *Rishis, Munis, Saints and Sages* say, whatever spiritual practices or *aadhyatmik sadhana* they have performed in the morning and evening hours gets reduced or even nullified due to such undesirable actions or undivine actions performed during the rest long hours of the day. This obstructs their spiritual practices or *aadhyatmik sadhana*. Therefore, their worldly activities and dealings towards others during the entire day need to be good, noble and ethical or in other words, divine. This will aid and enhance their morning and evening hours spiritual practices or *aadhyatmik sadhana*. In view of the same, living of divine life is of great importance.

Living of divine life is also very important from another point of view. As stated above, the household disciples generally confine their spiritual practices or *aadhyatmik sadhana* to morning hours and evening hours for some short period, and live the rest long hours of the day in material pursuits and worldly activities. As our Holy Spiritual Scriptures and our *Rishis, Munis, Saints and Sages* say, that much of spiritual practices or *aadhyatmik sadhana* or even one's whole life's spiritual practices or *aadhyatmik sadhana* is not sufficient to achieve the supreme goal of human life, i.e. *Moksha* or God-realisation. Achievement of the supreme goal of human life requires spiritual practices or *aadhyatmik sadhana* for many many human births. And human life upon the earth plane is short and uncertain. Time passes away swiftly. As such, each moment is precious. Hence, it is wise for human beings to utilise each moment of their life for achievement of the supreme goal of life in their own interest and for their highest welfare and supreme good. But, it is not possible for the ordinary household disciples to perform their spiritual practices or *aadhyatmik sadhana* through out the whole day. In this situation, it is wise for them to live the divine life during the rest hours of the day, apart from performing their spiritual practices or *aadhyatmik sadhana* in morning and evening hours. Thereby, all their actions during the rest long hours of the day will aid to their spiritual practices or *aadhyatmik sadhana*, their progress in the spiritual path will be rapid and quick, and they can be very hopeful to achieve the supreme goal of life in the present human birth itself.

In view of the above considerations, living of divine life is very important in human life.

**Benefits:** - Living of divine life aids and enhances one's spiritual practices or *aadhyatmik sadhana* and quickens achievement of the supreme goal of human life.

**Manner:** - The spiritual disciples can live the Divine Life (*Divya Jeevana*) by living spiritual life (*aadhyatmik jeevana*) as well as religious, noble and ethical life (*dharmik jeevana*).

In this connection, we need to know further about what is "Divine Life" (*Divya Jeevana*) and how to live the same. And thereafter, we should live the "Divine Life" (*Divya Jeevana*) and derive immense benefits for ourselves.

**Source of detailed knowledge:** - For acquiring detailed/further knowledge on this topic, students can study (i) "Spiritual Literature", i.e. standard works like *Vedas*, *Upanishads*, *Bhagavad Gita*, *Patanjali Yoga Sutras*, *Manu Smriti*, *Mahabharata*, *Ramayana*, *Granth Sahib*, *Koran*, *Bible*, *Zend-Avesta* and other Holy Spiritual Scriptures of various religions, (ii) Spiritual books written by great, spiritually illumined, God-realised *Rishis*, *Munis*, Saints, Sages and Prophets, as well as (iii) the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by two such great saints, viz. Swami Sivananda Saraswati and Swami Chidananda Saraswati, in lesson no.16, volume no. 13.

### Questions - 1

1. What is the meaning of Divine Life ? (Marks - 5)
2. What is the necessity of Divine Life ? (Marks - 5)
3. What is the importance of Divine Life ? (Marks - 10)
4. What are the main benefits of Divine Life ? (Marks - 5)
5. In what manner can the spiritual disciples live the Divine Life ? (Marks - 5)

### Questions - 2

1. Why do the spiritual practices or *aadhyatmik sadhana* performed by many spiritual disciples in the morning and evening hours get reduced or even nullified ? How can this phenomenon be overcome ? (Marks - 5)
2. How does living of Divine Life aid to the spiritual practices or *aadhyatmik sadhana* of the spiritual disciples ? (Marks - 5)



**Dear Modern Students !**

You can study the soft copy of other write-ups and all other lessons on the subject of "Life-building, Character-building and Man-making Education", which are contained in the newly conceived, designed and prepared Text Book titled "Life Building Science", in the Internet Archive.

You can do so by accessing internet through any browser, logging in <archive.org>, clicking - <Advance Search> (A box of fields will appear on the screen), typing <Mohan Lal Agrawal> in the field "Creator" and clicking <Search>. The above books in PDF format will be displayed.

**NOTE**

## **List of Complete Publications and Videos of the Author**

### **A. Publications**

#### **Students related publications**

1. Youth ! Arise, Awake and Adopt the Right Path of Life (16 volumes)
2. Value Education for Life building and Successful Living
3. Life Building Science (Text Book)
4. Valedictory Address to Modern Students
5. Students' Awareness Programme
6. Noble Character, Ethical Conduct and Celibacy

#### **Teachers related publications**

1. Teaching Profession - Its True Dimensions
2. Teachers' Orientation Programme

#### **Other publications**

1. God's Unique Gifts to Modern Mankind - Swami Sivananda and Sivananda Literature (02 volumes)
2. Lead us from darkness unto Light (02 volumes)

The soft copies of all the above books are available in the "Internet Archive" and can be searched / accessed as under:-

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- Click - <Advance Search>. A box of fields will appear on the screen
- Type <Mohan Lal Agrawal> in the field "Creator"
- Click <Search>. The above books will be displayed.

### **B. Videos**

Students, as well as Teachers, Parents and Guardians can watch one 04 Days Students' Awareness Programmes on "Value Education for Life Building and Successful Living", with

one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- [https://www.youtube.com/channel/UCRKu88g4\\_8o5OiigWI0owZQ](https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ)).

Students, as well as Teachers, Parents and Guardians can watch the Certificate Course on "Life Building and Successful Living", with one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Life Building Science>, (Link:-[https://www.youtube.com/channel/UC\\_engDsJG4yfEEM6e9UQuEA](https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA)); and also in the aforesaid Internet Archive.

In case one "01 Day Students' Awareness Programme", with the write-ups of the book titled "Students' Awareness Programme", is organised in future in some school, our revered Students and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "ODSAP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- [https://www.youtube.com/channel/UCRKu88g4\\_8o5OiigWI0owZQ](https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ)).

In case one "01 Day Teachers' Orientation Programme", with the write-ups of the book titled "Teachers' Orientation Programme", is organised in future in some school, our revered Teachers and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "TOP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- [https://www.youtube.com/channel/UCRKu88g4\\_8o5OiigWI0owZQ](https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ)).